



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35054, Octopus (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	84.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	236	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein <sup>1</sup>	g	12.30	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	0.80	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	1.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	35	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	4.90	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P <sup>1</sup>	mg	158	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn <sup>1</sup>	mg	1.43	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu <sup>1</sup>	mg	0.370	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Manganese, Mn <sup>1</sup>	mg	0.021	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin <sup>1</sup>	mg	0.030	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin <sup>1</sup>	mg	0.040	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <sup>1</sup>	mg	2.000	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU <sup>1</sup>	IU	0	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	0.200	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	0.200	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol <sup>1</sup>	mg	41	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

**Sources of Data**

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993